

Did You Know . . .

Heart attack victims do best when they are taken to the hospital within the **first** hour of the **first** symptom?

Remember:

The longer you wait, the less likely medications will work and the higher your risk of death.



CALL 911:

Call **911** right away if you think it may be a heart attack. Do Not drive to the hospital. Emergency medical staff will take you to the hospital.



KNOW THE WARNING SIGNS OF A HEART ATTACK



Web Sites:
www.QMO.amedd.army.mil
www.OQP.med.va.gov

Heart Attack Warning Signs

- ✓ Uncomfortable pressure, fullness, squeezing or pain anywhere in the chest lasting more than a few minutes.
- ✓ Chest discomfort with lightheadedness, fainting, sweating, nausea, vomiting or shortness of breath.
- ✓ Chest discomfort with a feeling of doom or imminent death.

Heart Disease is the leading cause of death in women

Besides symptoms common to men, women may have other symptoms such as:

- ✓ Shortness of breath without chest in pain
- ✓ Pain in the lower part of the chest
- ✓ Fatigue

If you have any of these warning signs for a Heart Attack:

- ✓ Don't delay
- ✓ Call 911 Immediately
- ✓ Take 1 regular aspirin unless you are allergic to aspirin
- ✓ Tell the ambulance driver you are having chest pain

Don't delay because you are afraid of causing a scene or finding out it was a false alarm.

**DO NOT WAIT
CALL 911
IMMEDIATELY !**

Driving to the hospital yourself can delay care! It's too dangerous for you and other drivers.

Make a Plan:

Learn heart attack warning signs

Talk to your health care provider about reducing heart attack risks and completing a survival plan and wallet card

Share your survival plan with family and friends

